

WINTER SAFETY



**ACCIDENTS CAN HAPPEN
ANYWHERE AT ANY TIME**

WINTER SAFETY TOPICS

- **SAFE DRIVING**
- **COLD WEATHER INJURY**
- **OUTDOOR SAFETY**
- **WELLNESS**
- **RISK MANAGEMENT**

“UNDER THE OAK TREE” SESSIONS

MUST be held for all employees by all first line leaders and supervisors prior to long weekends and individuals going on leave.

Privately Owned Vehicle Risk Management Tools

- ASMIS 2 Privately Owned Vehicle Risk Assessment
http://www.per.hqusareur.army.mil/services/safetydivision/Winter%20Safety/campaign%2006%2007/Winter_OTE_Campaign.htm
- USAREUR SAFETY WEBSITE
 - http://www.per.hqusareur.army.mil/services/safetydivision/winter_driving.htm
- US ARMY COMBAT READINESS CENTER
 - <https://crc.army.mil/home/>

WINTERIZE YOUR VEHICLE

 **BATTERY**

 **ANTIFREEZE**

 **WIPERS &
FLUID**

 **IGNITION
SYSTEM**

 **THERMOSTAT**

 **LIGHTS**

 **ALL SEASON OR
SNOW TIRES**

 **HAZARD
LIGHTS**

 **EXHAUST
SYSTEM**

 **HEATER**

 **BRAKES**

 **DEFROSTER**
 **OIL LEVEL**



WINTER CAR KIT

- SNOW BRUSH W/ SCRAPER
- FLASHLIGHT W/ BATTERIES
- BLANKET
- MITTENS, SOCKS & HAT
- SMALL SHOVEL
- SACK OF SAND OR KITTY LITTER
- JUMPER CABLES
- HAZARD SIGN, FLARES OR FLAG
- WINDSHIELD WASHER FLUID
- REFLECTIVE SAFETY VEST



WINTER DRIVING

WINTER DRIVING

SNOW

- SLOW DOWN - TRIPLE THE DISTANCE TO THE CAR AHEAD**
- STAY IN PLOWED LANES**
- TO SWITCH LANES - SLOW DOWN, SIGNAL, AND MOVE OVER SLOWLY**
- STEER IN THE DIRECTION OF THE SKID**
- DO NOT PUMP BRAKES - GENTLE PRESSURE ONLY**

WINTER DRIVING

ICE

- **DRIVE SLOWLY AND KEEP MORE SPACE BETWEEN YOU AND OTHER VEHICLES**
- **USE THE HIGHEST GEAR POSSIBLE TO KEEP THE WHEELS FROM SPINNING**
- **MANEUVER GENTLY AND AVOID HARSH BRAKING AND ACCELERATION**
- **TO BRAKE WITHOUT LOCKING THE WHEELS, DOWNSHIFT TO SLOW DOWN AND APPLY GENTLE PRESSURE TO THE BRAKES**
- **IN A SKID - EASE OFF THE GAS, AND TURN THE FRONT WHEELS TOWARD THE DIRECTION THAT THE REAR WHEELS ARE SKIDDING**

WINTER DRIVING

- ENSURE GOOD VISIBILITY**
- CLEAR ICE AND SNOW OFF OF CAR WINDOWS**
- REMOVE SNOW FROM ALL CAR SURFACES**
- CLEAN YOUR HEADLIGHTS FREQUENTLY**
- ENSURE YOUR WINDSHIELD WASHER RESERVOIR IS FILLED WITH A NONFREEZING CLEANING SOLUTION**

WINTER DRIVING FATIGUE

- BE WELL RESTED BEFORE TRAVELING - 7 TO 8 HOURS SLEEP
- WINTER ROAD AND WEATHER CONDITIONS INCREASE STRESS AND PRODUCE FATIGUE
- SIGNS OF FATIGUE: BACK TENSION, BURNING EYES, SHALLOW BREATHING, INATTENTIVENESS, AND ERRATIC DRIVING
- ALCOHOL CONSUMPTION INCREASES FATIGUE
- **DON'T PUSH YOURSELF - IF YOU HAVE TO FORCE YOURSELF TO STAY AWAKE IT IS TIME TO FIND A PLACE TO REST**



WEAR YOUR SEATBELT!



If you think
this seat belt
is too confining...

be prepared to
strap on one of
these alternatives.



DON'T DRINK AND DRIVE !!!

- Designate a driver BEFORE you go out!
- Use the Designated Driver program at Army Clubs
- Set aside money for a Taxi at the beginning of the night and don't spend it.
- Call Armed Forces Against Drunk Driving at 0631-536-2233 or 489-AADD
- Watch out for your buddy, "Don't Walk By"



WINTER DRIVING SUMMARY

- **ALLOW MORE TIME TO TRAVEL**
- **BE WELL RESTED BEFORE TRAVELING**
- **MAINTAIN MORE SPACE**
- **DRIVE WITH YOUR LIGHTS ON**
- **CLEAR SNOW AND ICE OFF YOUR VEHICLE**
- **WEAR SAFETY BELTS**
- **LOOK WELL AHEAD**
- **ANTICIPATE PROBLEMS**
- **IF BEHIND A PLOW - DON'T PASS**
- **WHEN BEHIND SANDERS - STAY BACK**

MOTORCYCLE SAFETY

- MOTORCYCLE SAFETY FOUNDATION CERTIFICATE REQUIRED TO RIDE IN USAREUR**
- WEAR PROPER PROTECTIVE EQUIPMENT**
- FOLLOW THE RULES OF THE ROAD AND WATCH YOUR SPEED!**
- FOR MORE INFORMATION ON MOTORCYCLE SAFETY CONTACT THE USAGK SAFETY OFFICE AT DSN: 489-7227.**



WEATHER and ROAD INFORMATION

***USAFE OPERATIONAL WEATHER SQUADRON
LINK AT <http://ows.public.sembach.af.mil/>***

- **USAREUR-wide Road Conditions Information**
- **Road condition status on USAREUR's secure website:**

<https://www.g3.hqusareur.army.mil/DIVISIONS/OPS/ASGCONDITIONS/>

- **Road condition status on USAREUR's non-secure website:**

<http://g3operations.hqusareur.army.mil/AsgConditions.asp>

- ***AFN TV and RADIO***
- ***GERMAN RADIO AND TELEVISION***

Green

Normal driving for all vehicles.

Amber

Roads vary from mild to severe. Exercise caution. Possible snow of less than 4 inches, slush, packed snow, black ice, visibility 20-50 meters.

Red

Roads very hazardous. Use extreme caution. Possible snow of more than 4 inches, sheets of ice, drifting snow, visibility of less than 20 meters.

Black

Roads extremely dangerous. Possible snow of more than 8 inches, sheets of ice, visibility below 15 meters. Privately-owned vehicles should not be on the road.

COLD WEATHER SAFETY



EQUIVALENT WIND CHILL INDEX

COOLING POWER OF THE WIND EXPRESSED AS "EQUIVALENT CHILL TEMPERATURE"

COLD WEATHER HAZARDS

- DEHYDRATION

- LOSS OF BODY WATER THROUGH SWEATING OR VOIDING
- DEHYDRATION CAN CAUSE SERIOUS PHYSICAL PROBLEMS AND MAKE YOU MORE SUSCEPTIBLE TO OTHER PROBLEMS SUCH AS FROSTBITE
- BY THE TIME YOU FEEL THIRSTY YOU ARE ALREADY DEHYDRATED
- **MAKE SURE YOU DRINK PLEANTY OF USEFUL LIQUIDS TO PREVENT DEHYDRATION**

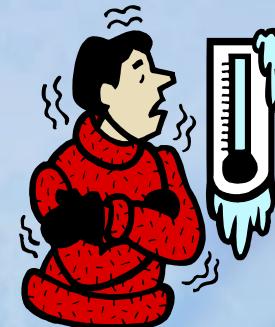


COLD WEATHER HAZARDS

- **HYPOTHERMIA**-THE LOWERING OF THE BODY'S INNER CORE TEMPERATURE. BODY LOSES HEAT FASTER THAN IT CAN GENERATE IT.

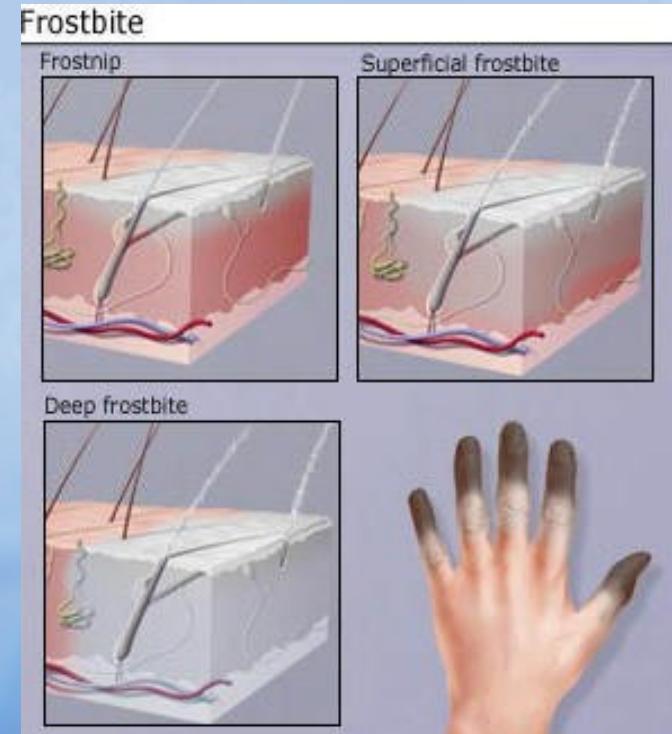
- **COUNTERMEASURES**

- STAY PHYSICALLY FIT
- KEEP ACTIVE
- WEAR CLOTHES PROPERLY AND KEEP THEM DRY (WET CLOTHES=COLDER)
- EAT PROPERLY AND OFTEN
- DRINK AT LEAST 3.5 QUARTS OF WATER PER DAY



COLD WEATHER HAZARDS

- **FROSTBITE-RESULTS WHEN TISSUES FREEZE FROM EXPOSURE TO TEMPERATURES BELOW 32° F. THE DEGREE OF INJURY DEPENDS UPON THE WIND CHILL FACTOR, LENGTH OF EXPOSURE TIME, AND PROPER PROTECTION.**



COLD WEATHER HAZARDS

- **FROSTBITE COUNTERMEASURES**
 - **DO NOT WEAR TIGHT BOOTS AND SOCKS.**
 - **USE THE “BUDDY SYSTEM” TO CHECK EXPOSED AREAS.**
 - **CARRY EXTRA SOCKS AND MITTEN LINERS.**
 - **DO NOT STAY STILL FOR LONG PERIODS.**
 - **BE AWARE OF THE WIND CHILL FACTOR**
 - **WATCH YOUR CHILDREN FOR SYMPTOMS
OF FROSTBITE!**

COLD WEATHER HAZARDS

- **CARBON MONOXIDE POISONING** -Carbon Monoxide an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. The possibility for poisoning exists whenever a stove, fire, gasoline heater, or internal combustion engine is used indoors.

SYMPTOMS

- Headache, dizziness, confusion, yawning, weariness, nausea, and ringing in the ears.**
- Bright red color on lips and skin.**
- Victim may become drowsy and collapse suddenly.**

**IF PERSONNEL ARE FOUND UNCONSCIOUS IN AN
ENCLOSED SHELTER, CARBON MONOXIDE
POISONING SHOULD BE SUSPECTED**

COLD WEATHER HAZARDS

- CARBON MONOXIDE POISONING
 - **RULE # 1 - ALWAYS MOVE VICTIMS TO FRESH AIR BEFORE WORKING ON THEM - DON'T BECOME A VICTIM YOURSELF!!**
 - **IF THE VICTIM IS NOT BREATHING, ADMINISTER MOUTH TO MOUTH RESUSITATION, AND CPR AS NEEDED.**
 - **GET MEDICAL ASSISTANCE.**

BOTTOM LINE: ONLY USE HEATERS IN WELL VENTILATED AREAS!!

WINTER PHYSICAL SAFETY

- AVOID ICE PATCHES WHEN WALKING
- WEAR WARM, BRIGHT, CLOTHING
- DO NOT OVEREXERT YOURSELF WHEN SHOVELING SNOW
(SPRAINS, STRAININGS, HEART ATTACKS)



WINTER RECREATION SAFETY

- THINK SAFETY WHEN PLANNING YOUR ACTIVITIES
- GET IN SHAPE AND KNOW YOUR LIMIT!!



WINTER RECREATION SAFETY

Obtain proper equipment.

- Be sure to have your ski/snowboard bindings adjusted correctly.
- When buying skiwear, look for :
 - Water and wind-resistant fabrics
 - Wind flaps to shield zippers
 - Snug cuffs at wrists and ankles
 - Collars that can be closed to the chin
- WEAR A SKI HELMET!!
- CHILDREN SHOULD ALWAYS WEAR SKI HELMETS!!



WINTER RECREATION SAFETY

Dress in layers.

- Layering allows you to accommodate your body's constantly changing temperature
- Dress in polypropylene underwear, which feels good, dries quickly, absorbs sweat and keeps you warm
- Wear a turtleneck, sweater and jacket



WINTER RECREATION SAFETY

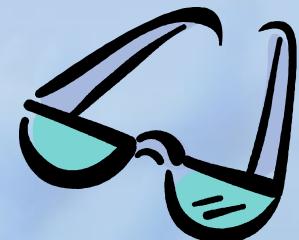
Be prepared.

- Mother Nature is unpredictable
- Bring a headband/hat
- 60 percent of heat-loss is through the head
- Wear proper gloves/mittens



WINTER RECREATION SAFETY

- **WEAR SUN PROTECTION. (SUNLIGHT REFLECTS OFF OF THE SNOW, EVEN ON CLOUDY DAYS)**
- **ALWAYS WEAR EYE PROTECTION. (SUNGASSES/GOGGLES)**
- **SKIING AND SNOWBOARDING REQUIRE A MENTAL AND PHYSICAL PRESENCE. (SIDE STEP/WALK DOWN SLOPES BEYOND YOUR ABILITY)**



WINTER RECREATION SAFETY

- DRINK PLEANTY OF WATER TO PREVENT DEHYDRATION.
- CURB ALCOHOL CONSUMPTION. SKIING AND SNOWBOARDING DO NOT MIX WELL WITH ALCOHOL OR DRUGS.
- KNOW YOUR LIMITS- AND STOP BEFORE YOU BECOME FATIGUED.

WINTER RECREATION SAFETY

TAKE A LESSON.

- **To become a good skier/snowboarder**
 - take a lesson from a qualified instructor
- **The key to successful skiing/snowboarding is: CONTROL**

Be Aware of:

- - Your technique
- - Terrain
- - Skiers/snowboarders around you
- - Snow conditions and changes

WINTER RECREATION SAFETY

ICE FACTS

- **Snow can insulate ice and keep it strong or insulate it to keep it from melting**
- **Snow can also hide cracked, weak spots, and open water areas**
- **Slush is a danger sign - It indicates weak/deteriorated ice, not freezing from the bottom**
- **Never check ice or rescue a victim alone - you could go from rescuer to victim very quickly. Get help!**
- **Always check the ice before going out on it - and ALWAYS Skate with a buddy!**

NEVER ASSUME ICE IS SOLID!!!!

WINTER RECREATION SAFETY

RUNNING/JOGGING

- **Pedestrian traffic rules apply - Stop for red lights and cross at intersections or crosswalks**
- **Wear light-colored clothing and reflective vest, when running in the early morning, at dusk, or at night**
- **Don't run in a snow storm, or on icy surfaces - e.g. during road conditions red and black.**



WINTER RECREATION SAFETY

RUNNING/JOGGING

- **Keep alert and watch for hazards**
- **Army Regulations prohibit the use of headphones and earphones ON POST while walking, jogging, skating or bicycling**
- **Let someone know your jogging route, and when you expect to return**



WINTER RECREATION SAFETY

- **Dress right/wear protective equipment**
- **Ensure equipment/gear is in good condition**
- **Know the hazards of the activity**
- **Know your personal limits**
- **Follow established activity safety rules**

FIRE SAFETY

- **Cooking Fires** are the number one cause of home fires and home fire injuries. Never leave cooking food unattended
- **Heating equipment** is a leading cause of home fires during the months of December, January and February, and trails only cooking equipment in home fires year-round.
- Remember that a **candle** is an open flame. It can easily ignite any combustible nearby.
- **Smoking materials** (i.e., cigarettes, cigars, pipes, etc.) are the leading cause of fire deaths in the United States. Roughly one of every four fire deaths in 2003 was attributed to smoking materials.
- Make sure you have a fire extinguisher and know how to use it. Test your smoke alarms on a regular basis.
- Information provided by the National Fire Protection Agency. Please click on the attached link for more information.
<http://www.nfpa.org/categoryList.asp?categoryID=246&URL=Research%20&%20Reports/Fact%20sheets/Home%20safety>



USE THE COMPOSITE RISK MANAGEMENT PROCESS TO PLAN SAFE ACTIVITIES

- IDENTIFY THE HAZARD
- ASSESS THE HAZARD
- MAKE A RISK DECISION
- IMPLEMENT CONTROLS
- SUPERVISE

WINTER SAFETY

THINK BEFORE YOU DO.....

AND PLAN FOR THE UNEXPECTED.....

